

# District of Columbia: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- In 1996, cardiovascular diseases were the most common cause of death in the District of Columbia, accounting for 32% of all deaths.
- Rates of death from cardiovascular diseases were 75% higher among blacks than among whites.
- Ischemic heart disease accounted for 734 deaths, or 11% of all deaths.
- Rates of death from stroke were 78% higher among blacks than among whites.

## Cancer

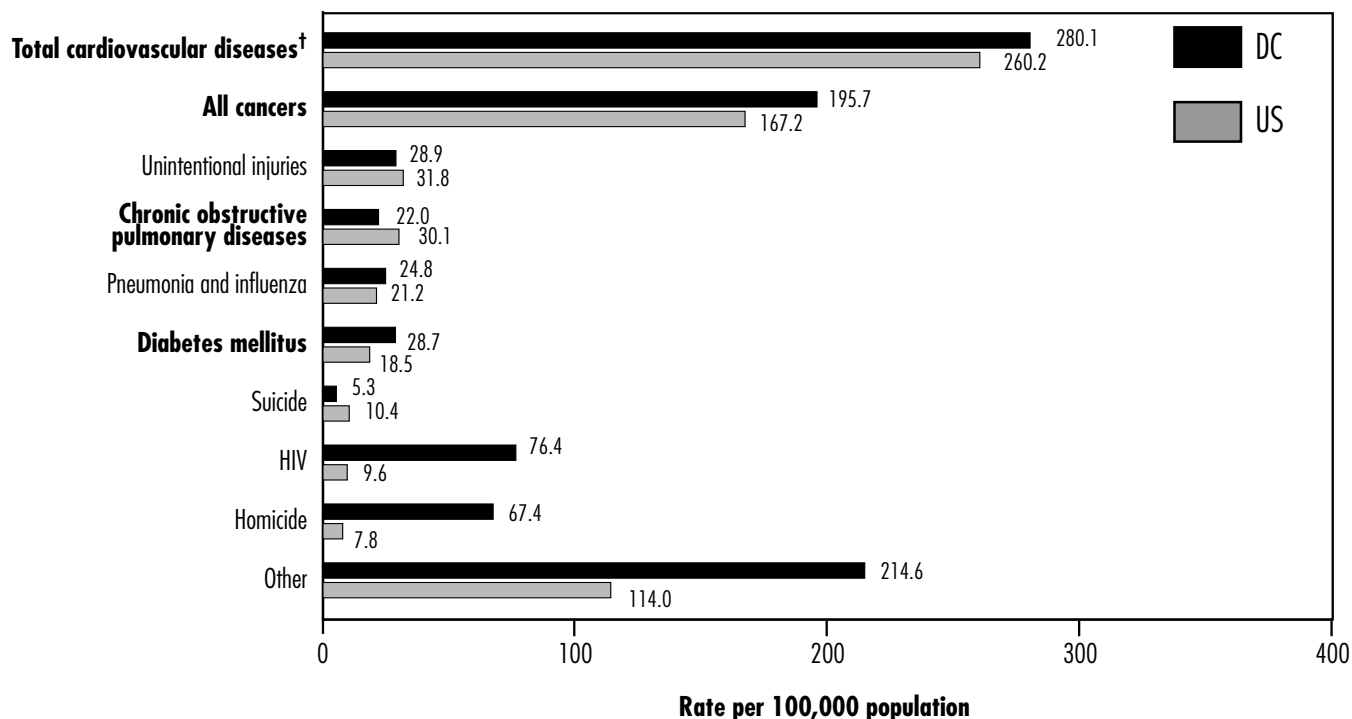
- Cancer accounted for 21% of all deaths in the District of Columbia in 1996.
- Of all states, the District of Columbia had the highest rate of death due to all cancers, the third highest due to colorectal cancer, and the highest rate of death due to breast cancer in women.

- Rates of death due to breast cancer were 92% higher among black women than among white women.
- The American Cancer Society estimates that 3,000 new cases of cancer will be diagnosed in the District of Columbia in 1999, including 400 new cases of lung cancer, 300 new cases of colorectal cancer, 600 new cases of prostate cancer, and 500 new cases of breast cancer in women.
- The American Cancer Society estimates that 1,400 District of Columbia residents will die of cancer in 1999.

## Diabetes

- In 1996, 21,892 adults in the District of Columbia had diagnosed diabetes.
- Of all states, the District of Columbia had second highest rate of death due to diabetes.
- Diabetes was the underlying cause of 202 deaths in the District of Columbia and a contributing cause of an additional 340 deaths.

## Causes of Death, District of Columbia Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (93.8 per 100,000 in District of Columbia and 131.0 per 100,000 in the United States) and rates of death due to stroke (46.8 per 100,000 in District of Columbia and 42.0 per 100,000 in the United States).

# District of Columbia: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- Of all states, in 1998 the District of Columbia had the fifth highest percentage of adults who reported no leisure-time physical activity.
- Forty-nine percent of blacks and 41% of Hispanics, compared with 21% of whites, reported no leisure-time physical activity.
- Of all states, the District of Columbia had the sixth highest percentage of adults who reported eating fewer than five servings of fruits and vegetables per day.

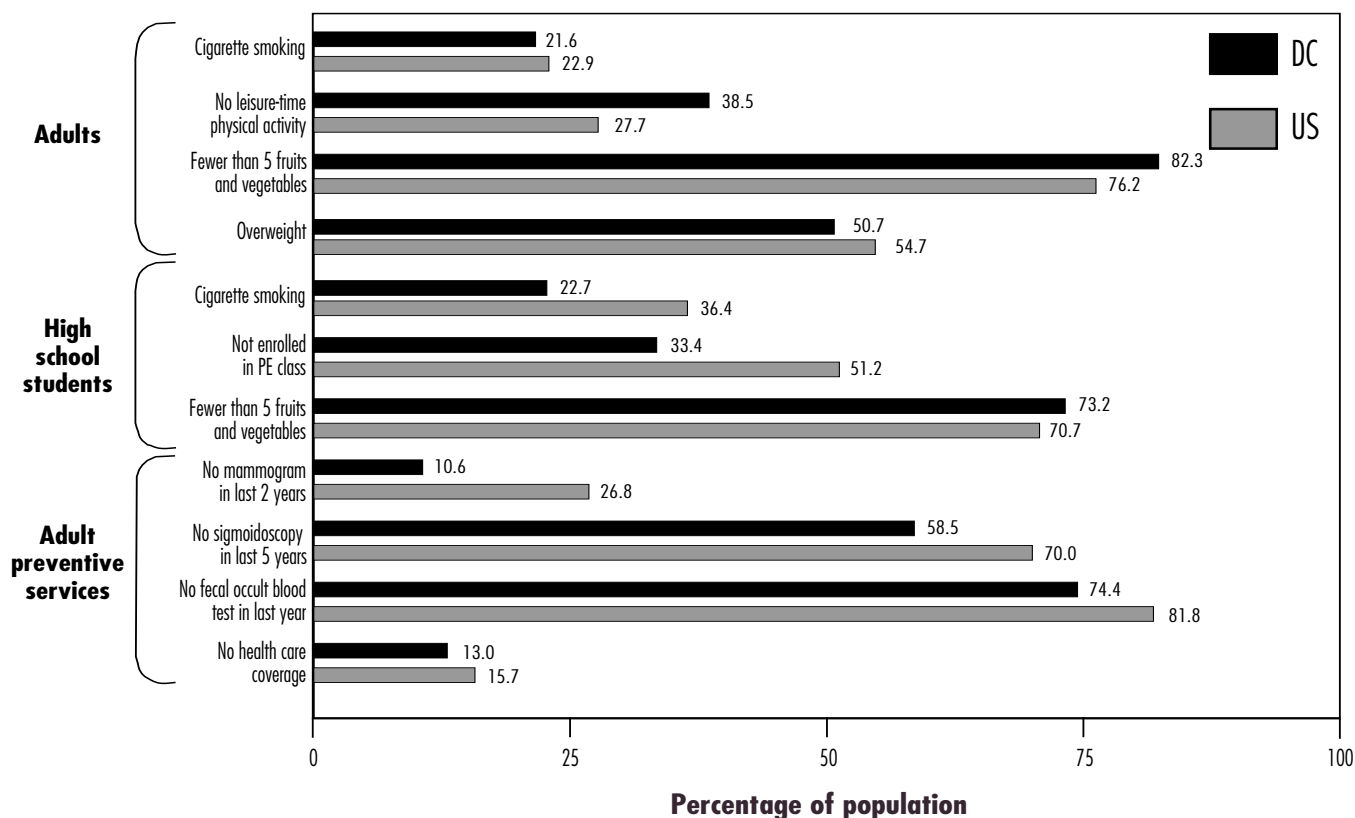
## Risk Factors Among High School Students

- In 1997, smoking cigarettes was reported by 33% of Hispanics and 22% of blacks in the District of Columbia.
- Thirty-five percent of male and 30% of female students reported not being enrolled in physical education classes.
- Eating fewer than five servings of fruits and vegetables per day was reported by 70% of female and 67% of male students.

## Preventive Services

- Among women aged 50 years or older, 13% of blacks, compared with 4% of whites, reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 62% of blacks and 51% of whites reported not having had a sigmoidoscopy within the last 5 years.
- Among adults aged 50 years or older, 77% of blacks and 69% of whites reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, no health care coverage was reported by 22% of Hispanics and 16% of blacks, compared with 8% of whites.

## Risk Factors and Preventive Services, District of Columbia Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.